

Lifeguard Training

CAC -March 14 thru April 1
(Mon, Wed, & Fri) 5-10 pm

Bar Code 36325

CAC -April 11 -thru April 29
(Mon, Wed, & Fri) 5-10 pm

Bar Code 36326

CAC -May 9 thru May 19
(Mon, Tues, Wed & Thurs) 5-10 pm

Bar Code 36327

SCAC - March 28 thru April 9
(Mon, Tues, Wed & Thurs) 5-9 pm
(Saturday) 9-2 pm

Bar Code 36328

SCAC - April 25 thru May 7
(Mon, Tues, Wed & Thurs) 5-9 pm
(Saturday) 9-2 pm

Bar Code 36329

MVAC - April 12 thru May 3
(Tues, Thurs & Fri) 5-10 pm
Skip 4/22 – Good Friday

Bar Code 36331

WCAC -February 14 thru March 16
(Mon & Wed) 6-9:30 pm

Bar Code 36316

WCAC—April 12 thru May 12
(Tues & Thurs) 6-9:30 pm

Bar Code 36317

LGT Review

CAC -March 14 –18
(Mon, Wed, & Fri) 5-10 pm

Bar Code 36318

CAC -April 11—15
(Mon, Wed, & Fri) 5-10 pm

Bar Code 36334

CAC -May 9—13
(Mon, Wed & Fri) 5-10 pm

Bar Code 36335

WCAC—May 24—June 2
(Tues, Wed & Thurs) 6-10 pm

Bar Code 36319

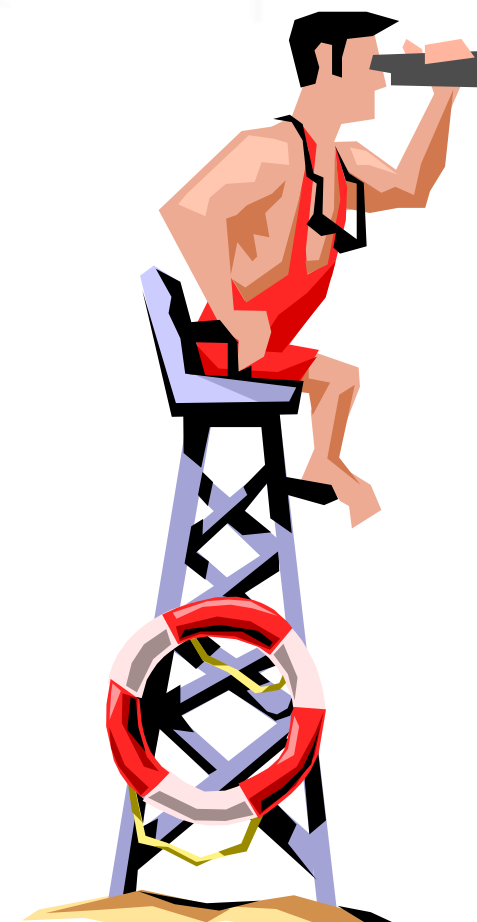


Cobb County...Expect the Best!

AQUATIC SCHOOL 2011



**American
Red Cross**



**LIFE GUARD TRAINING with
FIRST AID & CPR TRAINING**

The American Red Cross Lifeguard Training Program is designed to train participants to be safe and effective professional lifeguards. This course includes Standard First Aid (S.F.A.), Lifeguard Training (L.G.T.), and Cardio-Pulmonary Resuscitation for the Professional Rescuer/Automated External Defibrillator (CPRO/AED). All three of these certifications are necessary for completion of the Lifeguard Training program. Lifeguards deal with many issues on a daily basis and these three components are needed to help educate the participant on all aspects of professional lifeguarding. This course will show the participant how to recognize and effectively handle situations that arise while lifeguarding.

CPRO Re-certification

CAC March 10 (6-10 pm) - Bar Code 36336

CAC April 8 (6-10 pm) - Bar Code 36337

CAC May 13 (6-10 pm) - Bar Code 36338

CAC May 23 (6-10 pm) - Bar Code 36339

MVAC April 5 (5:30-10pm) - Bar Code 36445

MVAC May 5 (5:30-10pm) - Bar Code 36446

CPro requires that each student have a text book & a pocket mask . A pocket mask will be provided at no extra charge. A textbook will also be available for an additional \$35.00 fee if the student does not have the book originally issued when they took Life Guard Training or when they took CPro last year.

There are several criteria that a student must meet at the start of the class in order to continue with the program. These are as follows:

- Students must be 15 years old or older before the final night of class.
- Students must be able to swim 300 yards (6 laps / 12 lengths) without stopping.
 - 100 yards continuous front crawl with rhythmic breathing.
 - 100 yards continuous breaststroke using a pull, breathe, kick, glide sequence
 - 100 yards of front crawl or breaststroke.
- Starting in the water, students must be able to swim out 20 yards, retrieve a 10 lb. brick from 7 to 10 feet of water and swim the brick back 20 yards to the starting point and exit the water without using a ladder or steps, within 1 minute, 40 seconds.

To pass lifeguard training, each student must complete each of the following as required by the American Red Cross:

- Attend **ALL** classes.
- Pass a written final exam with 80% or better based on material covered in class as well as assigned reading in the provided textbook.
- Pass water scenarios given on the final meeting of class.

LGT Review:

Candidates for this class must have an LGT certification that has not been expired for more than 1 year and have a current Life-guarding Textbook (a book can be purchased for an additional fee). A pocket mask will be provided.

Registration for all classes is open now. Students can register on-line at the Cobb County Web-Site or in person at each facility providing that they meet the pre-requisite course requirements. For further information please contact the aquatic center that is hosting the class that you are signing up for.

FACILITY PHONE NUMBERS

Central Aquatic Center (CAC)

(770) 528-8465

Mountain View Aquatic Center (MVAC)

(770) 509-4925

South Cobb Aquatic Center (SCAC)

(770) 739-3180

West Cobb Aquatic Center (WCAC)

(770) 222-6700

Cost for Life Guard Training \$185.00

Cost for LGT Review \$100.00

Cost for CPro \$75.00 with pocket mask

